









NUTRITIONAL
MATTERS

Healthy Snacks

Angela Emmerton

<http://www.nutritionalmatters.com.au>

Snack 1

Mon		Popcorn, Blackberries and Walnuts
Tue		Popcorn, Blackberries and Walnuts
Wed		Apple Dips
Thu		Apple Dips
Fri		Salmon Cucumber Bites
Sat		Salmon Cucumber Bites



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Fruits

- 2 Apple
- 1 cup Blackberries

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/2 tsp Cinnamon
- 1/4 cup Hemp Seeds
- 1/2 cup Walnuts

Vegetables

- 1 Cucumber

Boxed & Canned

- 2 cups Organic Popcorn

Baking

- 1/4 cup Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 200 grams Smoked Salmon

Cold

- 1 1/2 cups Plain Greek Yogurt



Popcorn, Blackberries and Walnuts

1 serving

5 minutes

Ingredients

1 cup Organic Popcorn
1/2 cup Blackberries
1/4 cup Walnuts

Directions

1

Serve all ingredients in a bowl or store them in a portable container if on-the-go. Enjoy!

Notes

No Walnuts, Use almonds, pumpkin seeds, sunflower seeds, pistachios or pecans instead.

Storage, Refrigerate blackberries and walnuts in an airtight container up to 3 to 5 days. Add popcorn just before serving or when you are ready to pack for the day if on-the-go.



Apple Dips

2 servings

15 minutes

Ingredients

1/2 cup Plain Greek Yogurt
2 tbsps Unsweetened Shredded
Coconut
2 tbsps Hemp Seeds
1/4 tsp Cinnamon
1 Apple (sliced)

Directions

- 1 Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.
- 2 Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
- 3 Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

Notes

Kid-Friendly, Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

Make it Sweeter, Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

No Coconut, Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

No Yogurt, Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.



Salmon Cucumber Bites

2 servings

5 minutes

Ingredients

1/4 cup Plain Greek Yogurt
1/2 Cucumber (sliced)
100 grams Smoked Salmon (sliced)
1/4 tsp Black Pepper

Directions

1

Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Notes

No Greek Yogurt, Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.